

## ABSTRACT

Swimming goggles has a left frame and a right frame, a nose support connecting the left frame and the right frame together, eyeglasses received respectively in the left frame and the right frame, and head strap movably received in outward sides of the left frame and the right frame. Engaging blocks are respectively formed on outward sides of the left frame and the right frame. Each engaging block defines a receiving hole through a center thereof and forming a tongue at a lower portion thereof. Adjusting apparatus are received in the receiving holes for adjusting the head strap. Each adjusting apparatus includes a base, a cover assembled with the base for enveloping the engaging block, and a fixing axis mounted on the base and the cover. An axis hole is defined in the base for pivotably receiving the fixing axis. The fixing axis forms a pressure arm substantially on a side thereof for pressure the tongue, and a stop arm on the other side thereof for engaging with stop slots of the head strap. A resilient button is formed on the cover for pressing the pressure arm. The pressure arms, the stop arms and the resilient buttons are cooperated to control movement of the head strap. Thus, a user can easily adjust the head strap.